Garrett Zimmerman

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Food Issues

Did you know how brown rice is better for you than compared to white rice? White rice takes all the nutrition stuff out of it, which makes the rice, white. The difference is that the rice goes through a variety of processes before you cook it. When you harvest the rice seeds are run through a rice husker for it to be milled so it can have the outer grain of the husks. When it is processed your left with brown rice. When down with those steps it is introduced to synthetic sources which is fortified white rice. The loss of nutrients is very broad and substantial. Plan white rice has less Vitamin E, Potassium, Magnesium, Iron and etc. when added to the dietary fiber in the white rice it is around a quarter of brown rice. Brown rice is definitely healthier, but where do you get the environmental benefits? When the food is processed less energy is required. Also there is a synthetic vitamin that is added back in. These processes have a negative impact on the environment.